

Pizza dough

Makes 1 large pizza

150g white bread flour
1 teaspoon dried yeast
½ teaspoon salt
½ tablespoon vegetable oil
¼ pint water



1. Weight the flour into a large mixing bowl, add the salt on one side of the bowl and the yeast on the opposite so they don't touch as the salt will kill the yeast. Add the vegetable oil and stir together.
2. Add most of the water and stir in. Add more water a drop at a time and mix in with your hands until it forms a dough.
3. Pour onto the worktop and knead for 5-10 minutes. If the dough is sticky – add more flour, if the dough is too dry – add more water.
4. Place back into the bowl, place a tea towel over the top and leave to prove for 45mins - 1 hour until the dough has doubled in size.
5. Preheat the oven to 220°C (200°C fan oven)
6. Lightly grease an oven tray.
7. Stretch the dough out on a tray or roll out using a rolling pin.
8. For a thin based pizza, add the toppings and bake straight away. For a thicker base, roll the dough about 1cm thick and leave for 20 minutes to prove before adding the topping.
9. Bake at 220°C / 200°C *fan oven* for 12 minutes (15 minutes for a thicker pizza).

**Tomato sauce pizza topping
(to cover 4 pizzas)**

**Half of a medium onion
2 cloves garlic
1 carrot
1 stick of celery
1 tin chopped tomatoes
1 teaspoon fresh or dried oregano**

1. Finely chop the onion.
2. Heat a little vegetable oil in your largest saucepan and add the onion. Cook on a medium heat until soft. While the onion softens, chop the other vegetables and crush the garlic.
3. Add these to the saucepan and continue cooking with a lid on without colouring until soft (about 5 minutes).
4. Add the tinned tomatoes and oregano if using.
5. Bring to the boil and simmer for 10 minutes, stirring often so the bottom doesn't burn.
6. If you have a stick blender or liquidiser, blend until smooth. Pour back into the saucepan and simmer until thick.
7. Once you've reached the correct consistency, season with salt and pepper.

Note: Make your sauce in a large saucepan so the liquid will evaporate quickly, leaving a thick sauce for topping your pizza. This can be frozen. Place in a fridge for a few hours to defrost.